



## Diabetes Mellitus Death Rates, By Gender, Age-Adjusted Clark County, 1994 through 2001

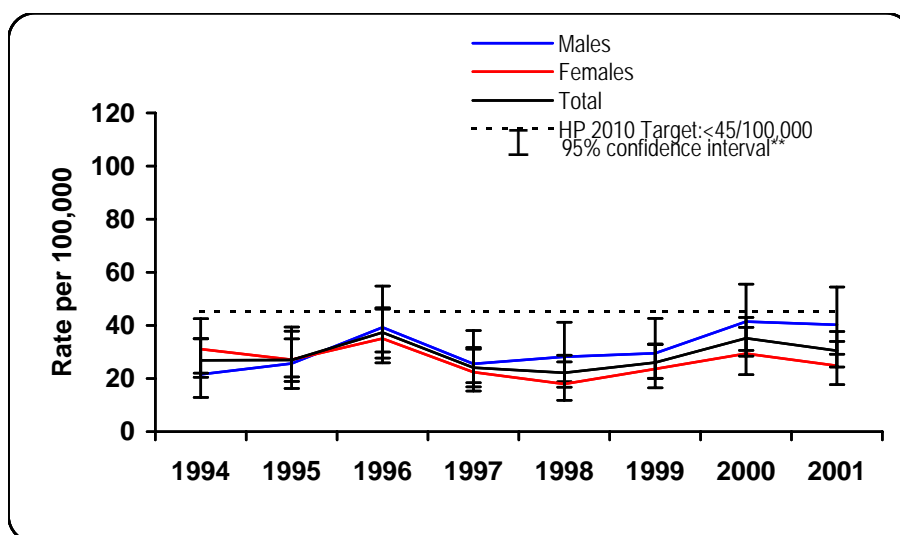
**Why we should care:** Diabetes can cause heart disease, stroke, blindness, kidney failure, amputations of feet or legs, and complications during pregnancy.(1) Nationally, approximately 17 million persons suffer from diabetes.(1) The number of adults with diagnosed diabetes in the U.S. increased by 61% since 1991.(1) Diabetic women are at greater risk for heart disease and blindness than diabetic men. Diabetes can cause health problems for both pregnant women and their unborn children(2).

### Status:

- Overall diabetes death rates in Clark County have ranged from about 22 deaths to about 37 deaths per 100,000 population between 1994 and 2001.(3,4)
- There is no statistically significant difference in the male and female death rates for Clark County during that time.
- Since 1994 Clark County has met the Healthy People 2010 target of no more than 45 deaths per 100,000 population due to diabetes.
- Nationwide, there has been an increase in the number of adult diabetes cases diagnosed.(1,5)

### What we can do:

- Individuals can prevent or delay the development of type 2 diabetes by modifying diet to control blood sugar levels, by controlling their weight, and by engaging in physical activity for 30 minutes a day, five days a week.(5)
- Access to appropriate health care is critical so that persons at higher risk of developing diabetes can be screened and, if necessary, started on appropriate medical care.
- Diabetics who receive care and diabetes management education from case managers can improve control of blood sugar levels and thereby reduce the risk of complications from diabetes.(6)



Year	Rate**	Total			Rate**	Male			Rate**	Female		
		95% CI*	Number			95% CI*	Number			95% CI*	Number	
1994	26.9	(20.5, 34.9)	59		21.6	(12.9, 35.1)	20		31.1	(22.1, 42.6)	39	
1995	27.0	(20.6, 34.9)	61		25.6	(16.3, 39.4)	25		27.1	(18.9, 37.8)	35	
1996	37.4	(30.0, 46.2)	89		39.3	(27.7, 54.9)	40		35.1	(25.9, 46.6)	48	
1997	24.1	(18.4, 31.1)	62		25.6	(16.8, 38.1)	29		22.4	(15.3, 31.7)	32	
1998	22.2	(16.8, 28.7)	58		28.2	(18.9, 41.2)	31		18.0	(11.8, 26.2)	27	
1999	26.0	(20.2, 33.0)	69		29.6	(20.1, 42.6)	33		23.6	(16.5, 32.7)	36	
2000	35.2	(28.5, 43.0)	97		41.5	(30.6, 55.5)	51		29.4	(21.5, 39.3)	46	
2001	30.4	(24.3, 37.7)	86		40.2	(29.1, 54.4)	46		24.8	(17.7, 34.0)	40	

Please see reverse side for technical notes and sources.



**Technical Notes:**

\* 95% Confidence Intervals around the death rate; if the confidence intervals for state and county overlap in a given year, there is no significant difference between these rates.

\*\*Rate per 100,000 deaths adjusted using the 2000 U.S. Standard Population; deaths coded using ICD 10

The age-adjusted death rate is defined as the number of deaths per 100,000 standard population after removing the effects of age on mortality.

**Sources:**

(1) Centers for Disease Control and Prevention. (n.d.). *At A Glance. Diabetes: Disabling, Deadly, and on the Rise, 2003*. Retrieved May 8, 2003, from [http://www.cdc.gov/nccdphp/aag/pdf/aag\\_ddt2003.pdf](http://www.cdc.gov/nccdphp/aag/pdf/aag_ddt2003.pdf). (2) Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. (n.d.). *Diabetes & Women's Health Across the Life Stages*. Retrieved May 8, 2003, from <http://www.cdc.gov/diabetes/pubs/factsheets/atwork.htm>. (3) *Vital Registration System, Annual Statistics Files, Deaths 1980-2001*. [Data file]. Olympia, WA: Washington State Department of Health, Center for Health Statistics. (4) Public Health Seattle & King County, Epidemiology, Planning & Evaluation. (1991-2003). *VistaPHW* (Version 3.1.1) [Computer software for public health assessment]. Seattle, WA. (5) Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. (January 17, 2003). *CDC Statement On Results Of Diabetes Prevention Program*. Retrieved April 15, 2003, from <http://www.cdc.gov/diabetes/news/docs/dpp.htm>. (6) Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. (January 17, 2003). *Diabetes Project. Guide To Community Preventive Services*. Retrieved April 15, 2003, from <http://www.cdc.gov/diabetes/projects/community.htm>.